



## CELEB BUCKET LISTS FOR END TIMES

IT'S THE END OF THE WORLD AS WE KNOW IT,  
AND COMMUNITY'S JOEL MCHALE IS NOT AFRAID

PAGE 14



OTTAWA

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Tuesday, December 18, 2012



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# 'We have a crisis in Canada:' Manitoba grand chief



AFN Vice-Chief Bill Travers and Manitoba Grand Chief Derek Nepinak were in Ottawa to support hunger-striking Attawapiskat Chief Theresa Spence on her seventh day. For the story on the findings of the inquiry into missing and murdered aboriginal women, see page 8. GRAHAM LANKTREE/METRO

**'Pile up.'** Chief on  
hunger strike gets  
boost from growing  
aboriginal movement



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Weakened but not bowed on the seventh day of her hunger strike, Attawapiskat Chief Theresa Spence was buoyed by the support of Winnipeg's grand chief, who came to Ottawa to show his support.

"If this was just about the housing crisis, I wouldn't be here," said Grand Chief Derek Nepinak of the Assembly of Manitoba Chiefs. "All these things have continued to pile up and pile up until we have a crisis in Canada. Theresa Spence knows this is happening and that's why she's doing this."

Spence started a hunger strike Dec. 10 to draw attention to the housing crisis still gripping her northern Ontario reserve after it made international headlines in Oct. 2011 after the Red Cross slammed living conditions in the community.

Nepinak cited the high suicide rate among First Nations youth, the environment, a lack of food, housing and missing and murdered aboriginal women among the number of challenges the community wants to tackle with the help

of the government. Nepinak called on Prime Minister Stephen Harper to meet with Spence, who will end her strike only when she meets with him to talk about deteriorating conditions on her James Bay reserve.

The government got a start on tackling those issues with the announcement of a federal inquiry into the high rate of murdered or missing aboriginal women, yet there is still much to do, aboriginal leaders said.

"This isn't just about Attawapiskat, this is about re-establishing our rights," said Nepinak. "Something is wrong here in this place called Canada."

The other week, First Nations leaders tried to storm their way into the House of Commons to protest omnibus budget Bill C-45, which they said changes the Indian Act and removes many environmental regulations on their land.

Since Spence began her hunger strike, a group of First Nations calling themselves the Idle No More movement have set up protests across the country.

"We will get their attention," said lawyer Pam Palmater, standing with Chief Nepinak. "We already have Al Jazeera, American and South American media covering it. When it becomes a big international issue, they will have no choice but to pay attention."

## No names

Judge withholding names of  
1,100 accused of file sharing  
by litigious filmmaker

PAGE 3

## Vaycay A-OK

Mark Carney did not break  
rules by going to cottage with  
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## Prescription abuse. Centre to offer opioid-addiction treatment for youth

With more youth abusing and misusing prescription opioids like Fentanyl and oxycodone, there is growing concern in the public-health community about addicts who also struggle with mental-health disorders.

To curb drug abuse among people under 30 years old, the Royal Ottawa Mental Health Centre will offer a new early-intervention program in January that combines detox and mental-health treatment.

About 40 to 70 per cent of people with opioid problems also have mental-health problems, and almost half of abusers have attempted suicide, said Dr. Kim Corace, project director of the new Regional Opioid Intervention Service at the Royal.

"Opioid misuse, abuse and dependence is a real public-health issue in Ontario," said Corace. "It's actually gotten a fair amount of press of late, and that's in part because it's a growing problem among young people."

The new service will be one of the first of its kind in Ontario and will collaborate with hospitals as far away as Renfrew and Hawkesbury. The Champlain LHJN injected \$360,000 into the new service to get it off the ground.

Those interested in registering for the first monthly information session on Jan. 10 are asked to call 613-722-6521, ext. 6105. **JOE LOFARO/METRO OTTAWA**



Actor Jeremy Renner is shown in a scene from *The Hurt Locker*. Voltage Pictures, which helped produce the film, is going after customers of Canadian ISP TekSavvy accused of downloading its films online. SUMMIT ENTERTAINMENT/THE ASSOCIATED PRESS

# Alleged file sharers' names held, for now

**TekSavvy.**  
Respite for Canadian net users as judge delays handing names to litigious filmmaker



**GRAHAM LANKTREE**  
graham.lanktree@metronews.ca

A Canadian Federal Court judge has kept the prying eyes of a U.S. film firm away from the personal data of about 1,100 Canadians accused of file sharing — temporarily.

"Had we not done this, some clients' information may have been released wrongly," said Mark Gaud-

rault, CEO of Canadian Internet service provider TekSavvy, of a temporary adjournment awarded to the company Monday in a copyright-infringement suit being brought against customers in Ottawa, Toronto and Montreal. "For us, the privacy of our customers is important. We don't know what our customers do online. We don't monitor stuff like that."

Voltage Pictures, the makers of such films as Academy Award-winner *The Hurt Locker*, says it collected a list of one million identity-revealing Internet Protocol (IP) addresses in Canada it claims were involved in illegally sharing its films online over the past year, tracing some back to TekSavvy customers. The firm will seek \$10,000 in

punitive damages alone from each IP it finds in violation of its copyright.

At issue is a motion from the filmmaker to get TekSavvy to reveal personal details of the customers in the unprecedented suit, launched in Canada's federal court on Nov. 14, so they can be targeted individually on a case-by-case basis. A federal court judge delayed the motion until Jan. 14 to give customers enough time to learn if they are targets in the suit and to retain legal counsel to argue their case.

TekSavvy says some of that data is inaccurate. "We thought we had properly identified all the customers but we found that we made some errors," said Gaudrault. "Some people we notified

said, 'I wasn't a customer of yours at the time.' This reinforces why it is important to have a notice period."

Some believe Voltage has alternate motives for seeking the information.

"We don't anticipate a single one of those cases will produce a judgment," said David Fewer, director of the Samuelson-Glushko Canadian Internet Policy and Public Interest Clinic (CIP-PIC) at the University of Ottawa's faculty of law. Fewer is seeking intervenor status so CIP-PIC can make legal arguments in court on TekSavvy's behalf. "Voltage is exploiting the motion to get the identity of the customers and then threatening them with litigation, hoping that enough settle with big figures."

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## Gun control. Debate simmers as Democrats call for ban on assault rifles

A U.S. senator and lifelong member of the National Rifle Association (NRA) became the most prominent gun-rights advocate to speak out after last week's school shooting, saying Monday it was time for the debate to move beyond political rhetoric and toward an honest discussion about reasonable restrictions on guns.

As many gun-rights advocates and politicians remained silent, the killing of 20 children led conservative Democratic Sen. Joe Manchin to speak out Monday.

"Never before have we seen our babies slaughtered. It's never happened in America that I can recall, seeing this carnage," Manchin told MSNBC. "Anybody that's a proud gun owner, a proud member of the NRA, they're also proud parents, they're proud grandparents. They understand this has changed where we go from here."

The self-described "proud outdoorsman and hunter" added, "I don't know anyone in the sporting or hunting arena that goes out with an assault rifle. I don't know anybody who needs 30 rounds in a clip to go hunting."

Democrats say the "meaningful action" Obama has

### Speaking out

- **Connecticut Sen. Joe Lieberman**, an independent former Democrat said it was time to take a deeper look into the recent series of mass shootings.
- **Sen. Dianne Feinstein** said she will introduce legislation next year to ban new assault weapons.
- **New York City Mayor Michael Bloomberg** said Obama could use executive powers to enforce existing gun laws.

spoken of in the wake of last week's shooting must include a ban on the military-style assault weapons and a look at how the country deals with individuals suffering from serious mental illness.

Gun control was a hot topic in the early 1990s, when Congress enacted a 10-year ban on assault weapons. But since that ban expired in 2004, few Americans have wanted stricter laws, and politicians say they don't want to become targets of a powerful gun-rights lobby. **THE ASSOCIATED PRESS**



Students embrace while wearing Newtown school sweaters outside the funeral for six-year-old shooting victim Jack Pinto in Newtown, Conn., on Monday. Friday's shooting has brought the gun-control debate in the U.S. to a boiling point. CHARLES KRUPA/THE ASSOCIATED PRESS

# Students mourn slain classmates

**Connecticut shooting.** Gunman's motive still unknown, but investigators believe he attended Sandy Hook

The Connecticut town shattered by last week's school massacre held its first two funerals Monday, as officials weren't sure whether the school itself would ever reopen. Nervous students and teachers across the U.S. returned to classrooms under tighter security.

Family, friends and townspeople streamed out of two funeral homes after saying goodbye to Jack Pinto, who loved

### Coping with fear

"I don't want to see my kids go to schools that become maximum-security fortresses. That's not the world I want to live in, and that's not the world I want to raise them in." Noah Pozner mourner Ray DiStephan

the New York Giants football team, and Noah Pozner, who liked to figure out how things worked mechanically. Friends and loved ones headed for two cemeteries afterward.

In front of the funeral home where relatives were mourning Noah, well-wishers placed two teddy bears, a bouquet of white flowers and a single red rose at the base of a maple tree. Hymns rang out from inside the funer-

al home where Jack's service was being held. "The message was: You're secure now. The worst is over," one mourner, Gwendolyn Glover, said.

The boys were being buried a day after the small community of Newtown came together for a vigil where President Barack Obama said he will use "whatever power" he has to prevent similar massacres.

"What choice do we have?"

he said. "Are we really prepared to say that we're powerless in the face of such carnage, that the politics are too hard?"

Investigators have offered no motive for the shooting, and the Connecticut community is struggling to comprehend what drove 20-year-old Adam Lanza to shoot to death his mother at home in bed Friday morning, drive her car to the school and unleash gunfire on six adults and 20 children.

Obama has given no specifics on what he might do, and White House spokesman Jay Carney on Monday warned that "no single piece of legislation or action will fully address the problem."

**THE ASSOCIATED PRESS**



Tasha Devoe, left, of Lawrence, Mass., joins a march from Capitol Hill in Washington to the National Rifle Association headquarters on Monday. Curbing gun violence will be a top priority of President Barack Obama's second term, aides say. MANUEL BALCE CENETA/THE ASSOCIATED PRESS

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## TV violence. Hollywood makes content changes after school shooting

Hollywood is responding to the Connecticut school shooting rampage by switching schedules, adding disclaimers, delaying a film opening and presenting a sombre lineup of daytime TV specials.

Several daytime talk shows responded with shows Monday dedicated to Friday's shooting in Newtown, Conn. They include Katie, Dr. Oz, Dr. Phil and The Doctors.

The shows are often taped well in advance.

Showtime gave viewers a special warning of violence before the season finales of Dexter and Homeland on Sunday. The TLC network is delaying a special called Best Funerals Ever.

The Film Society of Lincoln Center cancelled Monday's screening of Tom Cruise's violent new movie, Jack Reacher.

Jamie Foxx, one of the industry's biggest stars, said Saturday as he promoted Django Unchained, Quentin Tarantino's upcoming ultra-violent spaghetti-western-style film about slavery, that actors can't ignore the fact that movie violence can influence people.



The Film Society of Lincoln Center cancelled Monday's screening of Tom Cruise's violent new movie, Jack Reacher.

PARAMOUNT PICTURES/THE ASSOCIATED PRESS

"We cannot turn our back and say that violence in films or anything that we do doesn't have a sort of influence," Foxx said in an interview. "It does."

Fox pulled new episodes of Family Guy and American Dad that were to air this past Sunday to avoid potentially sensitive content. Both series plan to substitute reruns.

THE ASSOCIATED PRESS

# Blogger fears her son could be the next Adam Lanza

**Raising awareness.** Mother who blogs about mental illness says it's time to open up the conversation



JESSICA SMITH  
Metro in Toronto

Liza Long wrote in a blog post, "I am Adam Lanza's mother," and shared her solidarity with the mothers of gunmen responsible for America's mass shootings.

She isn't Adam Lanza's mother. Lanza killed his mother Nancy in her bed Friday morning before he shot and killed six adults and 20 children in Connecticut.

Long's son is 13, mentally ill and violent, she wrote. Her blog post about her fear of her son and fears about his future was picked up by numerous websites, including Gawker, where it has been viewed more than three million times.

"I live with a son who is

mentally ill. I love my son. But he terrifies me," she wrote. "A few weeks ago, Michael pulled a knife and threatened to kill me and then himself after I asked him to return his overdue library books."

"I managed to get the knife from Michael, then methodically collected all the sharp objects in the house into a single Tupperware container that now travels with me. Through it all, he continued to scream insults at me and threaten to kill or hurt me."

She also writes about how there needs to be more resources to help mentally ill children in the U.S., who far too often end up in jail.

"No one wants to send a 13-year-old genius who loves Harry Potter and his snuggle animal collection to jail. But our society, with its stigma on mental illness and its broken health-care system, does not provide us with other options. Then another tortured soul shoots up a fast-food restaurant. A mall. A kindergarten classroom. And we wring our hands and say, 'Something must be done,'" she wrote.



Authorities have identified Adam Lanza (pictured) as the gunman who killed his mother and then opened fire inside an elementary school in Newtown, Conn., killing 26 people. Blogger Liza Long is raising awareness about mental illness through blog posts about her mentally ill son, and in a particularly controversial post entitled "I am Adam Lanza's mother." BARBARA FREY/THE ASSOCIATED PRESS

"I agree that something must be done. It's time for a meaningful, nation-wide conversation about mental health. That's the only way our nation can ever truly heal."

Long and her parenting skills, which she has blogged

about for years, have also been sharply criticized, particularly for exposing her son to the attention of the world.

On the The Roz & Mocha Show on Toronto's KiSS 92.5 Long said her son is currently in an acute care facility.



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# Police bias let Pickton keep killing: Inquiry

## 63 recommendations.

Report says the disappearance of sex-trade workers was considered routine

Bias against the poor, aboriginal, drug-addicted sex workers in Vancouver's troubled Downtown Eastside led to a series of failures that allowed serial killer Robert Pickton to hunt unimpeded by police for years, a public inquiry has found.

Commissioner Wally Oppal's 1,448-page report, released Monday, chronicles years of mistakes that allowed Pickton to lure dozens of women to his farm in Port Coquitlam, B.C., with little interference from police and even less concern from the public.

"Put yourself in the shoes of one of the missing and mur-



RCMP delayed interviewing Robert Pickton, above, because he was "busy" on the farm, a report says.  
THE CANADIAN PRESS FILE

dered women and think how it would feel if you were ... considered unworthy of attention," said Oppal in a news conference.

Among other mistakes,

Oppal criticized authorities for being reluctant to accept the possibility of a serial killer, handing the investigation to untrained officers, halting work for months at a time and assuming the disappearances stopped before they did.

He made 63 recommendations, including a regional police force for the greater Vancouver region and policy changes to ensure they reflect the needs of impoverished women.

Oppal also called for more services for sex workers and other vulnerable women, including immediate funding for a 24-hour drop-in centre in the Downtown Eastside for sex workers and a transportation service for women and girls who would otherwise resort to hitchhiking along the so-called Highway of Tears in the province's north.

THE CANADIAN PRESS



## This is what a 35-car pileup looks like

A car is caught between two semi trucks Monday in a pileup on a slippery highway near Quebec City that involved more than 35 vehicles. The accident on Highway 40 in Portneuf, Que., involved transport trucks, cars and multiple collisions that saw some vehicles hit repeatedly. A number of people sustained minor injuries.

JACQUES BOISSINOT/THE CANADIAN PRESS

## Ritalin not for the healthy, journal asserts

An article in the Canadian Medical Association Journal says doctors should consider refusing requests by healthy patients for cognitive-enhancement drugs like those used to treat attention deficit disorder.

Prescription stimulants such as Ritalin and Dexedrine are often used to increase focus, concentration and memory.

Co-author Cynthia Forlini of McGill University in Montreal says there is little evi-

dence that the medications benefit healthy people and their side-effects may cause harm.

She says some studies suggest up to 11 per cent of university students take them.

THE CANADIAN PRESS



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## Public consultation

## CRTC wants input on 911 service

The CRTC is asking Canadians for ideas on how to improve the 911 emergency service in light of changing technology.

The Canadian Radio-television and Telecommunications Commission said it will review the findings of the public consultation by the end of next May. "Each year, the 911 system is relied upon by thousands of Canadians during emergency situations," commissioner Tim Denton said in a news release.

Denton will conduct research on 911 services in light of the telecommunications system's evolution to next-generation networks based on Internet protocol.

THE CANADIAN PRESS

## Discount travel

## Air Canada sets launch date for new carrier

Air Canada plans to launch its new low-cost airline Tuesday in Toronto. The company gave few details but promised more information would be released at the event. Air Canada executives will be on hand and the company will also host a vacation giveaway in downtown Toronto.

The unnamed discount carrier will focus on leisure destinations in the United States and Caribbean and some routes in Europe.

It will begin operations with two Boeing 767-300ER and two Airbus A319 aircraft that will be released from Air Canada's mainline fleet. THE CANADIAN PRESS

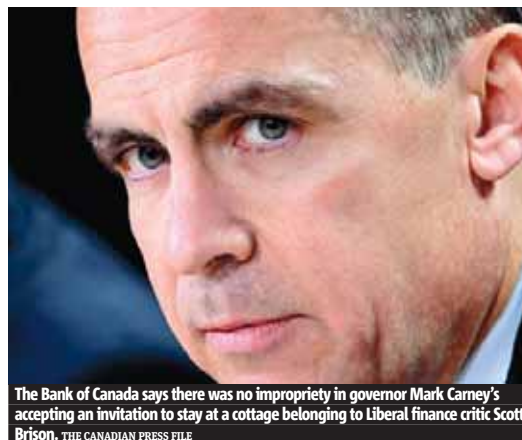
# Governor's summer holiday didn't break conflict rules: BoC

**Most boring cottage party ever?** Carney vacationed with Liberal finance critic while he was being courted for leadership race

The Bank of Canada tried to quell questions about its governor's impartiality and judgment Monday, saying Mark Carney was not a foul of conflict rules by vacationing in the summer at the cottage of the Liberal finance critic.

The central bank confirmed a weekend report that Carney stayed at Scott Brison's Nova Scotia cottage while key members of the Liberal party were courting him for the leadership.

Spokesman Jeremy Harrison said there was nothing improper in the visit, and that bank duties were not discussed. "The Bank of Canada's general counsel, who is respon-



The Bank of Canada says there was no impropriety in governor Mark Carney's accepting an invitation to stay at a cottage belonging to Liberal finance critic Scott Brison. THE CANADIAN PRESS FILE

sible for enforcing the bank's conflict-of-interest policy, has assessed that this visit does not breach the bank's conflict of interest guidelines in any way," Harrison said.

"Neither the Bank of Canada nor governor Carney have an actual or potential commer-

cial or business relationship with Mr. Brison."

Harrison added that Carney and Brison had been friends for about a decade and that the visit to the MP's cottage at Cheverie, N.S., cannot "be defined as partisan or political activity."

THE CANADIAN PRESS

## RIM. Rogers begins orders for 'all-touch' BB10 devices

Rogers Communications says that its current wireless customers are now able to place orders for BlackBerry 10 smartphones.

The new BlackBerry 10 devices on offer will be "all-touch" and won't have the physical keyboard that BlackBerry users are used to typing on. But Rogers won't be providing details on pricing, availability or specifications until early in the new year.

Research In Motion has previously said an "all-touch" version of its new phones would be released first, followed by a model with a physical keyboard shortly afterward.

RIM announced separately that it's giving an invitation-only preview of the BlackBerry 10 to more than 120 select government and private-sector customers in a variety of industries.

The two announcements are part of efforts to build interest in a new generation of BlackBerrys in hopes of reviving the Canadian technology company. THE CANADIAN PRESS

## Market Minute

**DOLLAR**  
101.66¢  
(+0.29¢)

Natural gas: \$3.36 US (+4¢)  
Dow Jones: 13,235.39 (+100.38)

**TSX**  
12,281.35 (-15.37)

**OIL**  
\$87.20 US (+47¢)

**GOLD**  
\$1,698.20 US (+\$1.20)

## Cutting workplace 'gender gap' could create economic growth, OECD says

Governments looking to boost growth should focus on further narrowing the "gender gap" that continues to hold women back in education, employment and entrepreneurship, a new report said Monday.

Women continue to earn less than men, are less likely to make it to the top of the career ladder and are more likely to spend their final years in poverty, according to Closing the Gender Gap, released by the Organization for Economic Cooperation and Development.

## Solutions

- A key part of the solution is promoting access to affordable childcare, the OECD report says. "If childcare eats up one wage so

that there is little or no financial gain in going out to work, parents (most often mothers) are less likely to seek a job."

Trimming or eliminating this discrimination could provide a significant source of growth for ailing economies, the OECD says. On average, a 50 per cent decrease in the gender gap in labour force participation would lead to a

0.3 percentage point increase in annual GDP per-capita growth rate in OECD countries. "Investment in gender equality yields the highest returns of all development investments," the OECD said.

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# IT'S ACTUALLY NOT THE END OF THE WORLD



**SHE SAYS...**  
Jessica Napier  
metronews.ca

Do you have all of your affairs in order? Have you told all your friends and family just how much you love them? Because if the fear mongers are to be believed, we only have a few days left to say

our goodbyes before an apocalyptic end-of-days descends upon us all on Dec. 21.

A fate foretold by hieroglyphs and perpetuated by a terrible John Cusack disaster movie, the Mayan doomsday prophecy represents the end of the Mesoamerican long-count calendar. This so-called Day of Reckoning will bring about something (although no one is quite sure what exactly) that will mean the end of the world as we know it.

## Prepping for reality

And yet, despite all the evidence to the contrary (you know, science), people around the world are very into this faux-pocalypse.

And yet, despite all the evidence to the contrary (you know, science), people around the world are very into this faux-pocalypse. Alarmist bloggers are convincing people to hunker down with canned goods while New Age visionaries are purchasing one-way plane tickets to a remote village in Turkey renowned for its protective energies. And then there's that Chinese farmer who is spending hundreds of thousands of dollars building an ark as a precautionary measure — AN ARK!

I'm tempted to join in on the fun: host a doomsday pity party for myself and listen to Britney Spears' Till the World Ends on repeat while drowning my sorrows in a pint of Häagen-Dazs Mayan Chocolate ice cream. But, rationally, we all know that we've got nothing to worry about; we're still buying Christmas presents and making plans for New Year's Eve. I'm actually inclined to think that the whole thing might just be a way for companies to cash in on tasteless apocalypse-blowout sales and end-of-the-world-themed merchandise.

So, even though I love a good conspiracy theory, I think I'll side with our modern-day scientists over an ancient civilization and its 5,125-year-old calendar. However, if your Judgment Day predictions involve a sexy astronaut version of Ben Affleck saving us all from a rogue asteroid, you definitely have my attention.

Follow Jessica Napier on  
Twitter @MetroSheSays



The Mayans never predicted the world would end Dec. 21. The date marks the end of the 13th baktun, a time to flip the calendar to the 14th baktun, a significant day and cause for celebration. PETERCASTLETON/FICKR

# Do you do takeout?



SOLENT

## Culinary world record

### World's largest pizza is served

Five Italian chefs have set a new record for the world's largest pizza, which measured staggering 40 metres in diameter — the length of nearly three buses.

Such was the size of the massive margherita that the chefs in Rome had to bake the dough in 5,234 separate batches over a 48-hour period.

The gargantuan food item was made gluten-free in order to raise awareness about celiac disease, the most frequent food intolerance worldwide.

METRO

## What's in a name



"We named the pizza Ottavia (after Roman Emperor Octavian Augustus Caesar) to symbolize the hope of a great economic and cultural revival."

Dovilio Nardi, head of the Italian chef quintet

## Too cheesy?

- 8,981 kilograms of gluten-free flour, mixed with 11,274 litres of water
- 4,535 kilograms of tomato sauce
- 675 kilograms of margarine
- 250 kilograms of salt: over 40,000 times an adult's recommended daily allowance
- 3,991 kilograms of cheese
- 100 kilograms of lettuce
- 25 kilograms of balsamic vinegar
- 1,354 litres of yeast

## Extra, extra large

# 23,224

kilograms was the total weight of this prodigious pizza. The colossal size is the same as more than 68,300 regular frozen pizzas put together.

The team broke the previous record, set in 1990 by Norwood Pick 'n Pay hypermarket in South Africa. The former record holder's pizza was made of gluten and measured 37 metres.

## Online

For more of Metro's voices, visit [metronews.ca](http://metronews.ca).



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

If you had been the owner of the Ikea monkey, how would you have dressed it for its international debut?

60%  
MY MONKEY  
WOULD  
REQUIRE NO  
FANCY ATTIRE!

20%  
I ADMIRE THE  
SHEARLING  
COAT — HE  
KEPT IT  
CLASSY

0%  
IN AN UGLY CHRISTMAS  
SWEATER

20%  
IN AN 'I HEART  
BIEBER' T-SHIRT

## Twitter

**@oisin\_singh:** @Coooolin\_613 I understand the hype but talk is talk, I just hope they can #walkthewalk

**@DavidianJohnson:** "One direction fans are the worst. What if I want my WHOLE room to cool down?"

**@MayurMistry3:** Currently in inch deep yogurt on the back of the 95

**@Jamiedictz:** I don't think there's anything unique about human intelligence. All the neurons in the brain that make up perceptions and emotions operate in

**@tayleighbennett:** #2012TaughtMe to never go back to someone who continuously hurts you

**@A\_MatteHimself:** everyone follow @nick\_tremblay12 hes a beauty and a hockey player ;)

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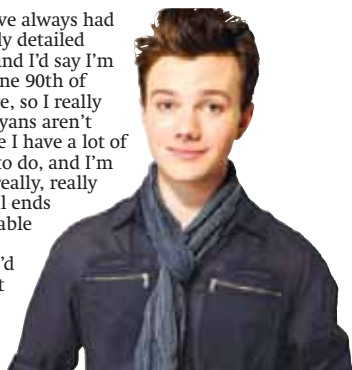
With Dec. 21 fast approaching, we ask a few celebs what they might do if they were faced with the end of the world

NED EHRBAR  
Metro World News in Hollywood

## CELEBRITY BUCKET LISTS

### Chris Colfer (Glee)

You know, I've always had a really, really detailed bucket list, and I'd say I'm only about one 90th of the way there, so I really hope the Mayans aren't right because I have a lot of stuff I want to do, and I'm going to be really, really pissed if it all ends and I'm not able to. If I had a month left, I'd probably just go on a very expensive vacation.



### Joel McHale (Community)

An end of the world bucket list? Yes. A really sturdy bucket.



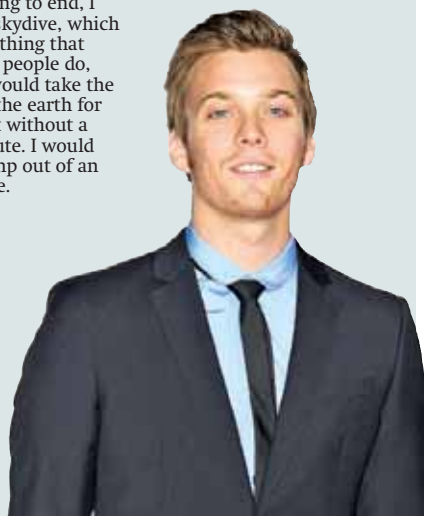
### Maggie Grace (Taken 2)

Honestly, one of my sort of bucket list items I just ticked off. I did a Broadway play for the first time. It was terrifying. But it's something I've wanted to do since I was 11 years old. So I at least checked one off.



### Jake Abel (The Host)

If I knew the world was going to end, I would skydive, which is something that normal people do, but it would take the end of the earth for me. But without a parachute. I would just jump out of an airplane.



### Teresa Palmer (Warm Bodies)

Oh gosh, end of the world bucket list? Yeah, I would've liked to have had a baby before the end of the world, but there's not really time for that. I'm not sure what I'm going to do. I want to jump out of a plane, for sure. I would just eat so much food, 24/7 just eat and eat and eat. Travel around the world, eating from all different cultures. That'd be amazing.



### Kellan Lutz (The Twilight Saga)

No, I don't (have one), because I don't believe the world's going to come to an end. God never gave a date so I don't believe it's going to happen. So there's no need for me to make a plan B with all that. I'm just living my life every day to the fullest.



**Week of Armageddon**

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



Blue Ivy Carter HELLOBLUEIVYCARTER.TUMBLR.COM

## The big ol' babies of 2012



**THE WORD**  
Dorothy Robinson  
scene@metronews.ca

The past few days have been rough for everyone, so I'm going to dedicate today's column to some of the biggest celebrity babies who made their appearance this year. That's right: lots and lots of adorable babies!

**Who:** Blue Ivy Carter  
**Parents:** Jay-Z and Beyoncé  
Given the media attention surrounding the birth of Blue Ivy, it's pretty surprising the world didn't tip off its axis when she came into the world on Jan. 7.

**Who:** Samuel Affleck  
**Parents:** Jennifer Garner and Ben Affleck  
The movie-star duo welcomed their first son on Feb. 27. Not much is known about baby Sam, other than he'll probably be ridiculously good looking and talented.

**Who:** Maxwell Johnson  
**Parents:** Jessica Simpson and Eric Johnson  
After following the longest pregnancy known to man,

Simpson finally birthed baby Maxi on May 1. And now she's allegedly pregnant again. That, or maybe she's just constantly gestating.

**Who:** Jack Pratt  
**Parents:** Anna Farris and Chris Pratt

Not a lot of fanfare was made about baby Jack's somewhat premature appearance on Aug. 25. Instead of gracing any magazine covers to showboat the news, new dad Chris Pratt Tweeted this message to his followers, "It's a boy! Thanks for all your kind words. In lieu of gifts we ask that you mouth kiss a stranger."

**Who:** Edward Duke Rancic  
**Parents:** Bill and Giuliana Rancic

After years of unsuccessful IVF treatments and a miscarriage and then a breast cancer diagnosis, the Rancic family finally had a bit of good news: Their baby Edward Duke was born via a gestational carrier on Aug. 29.

**Who:** Tennessee Toth  
**Parents:** Reese Witherspoon and Jim Toth  
The baby, whose name still sounds like a brand of whiskey to me, was born on Sept. 27.

## Matt Damon sets it straight



Matt Damon

Matt Damon has been dodging gay rumours ever since he and best friend Ben Affleck burst on the scene with *Good Will Hunting*, but he's avoided acknowledging them — until now. "I never denied those

rumours because I was offended and didn't want to offend my friends who were gay — as if being gay were some kind of f---ing disease," he tells *Playboy* magazine. "It put me in a weird position in that sense. The whole thing was just gross."

## Twitter



**@HackedOffHugh**

Taking gooner nephew to Emirates. Thanks to all Walcotts. Will try not to start ruck.



**@ZacharyQuinto**

lately been feeling like the disgruntled child of divorced parents twitter and instagram. pull it together you guys. this is embarrassing.



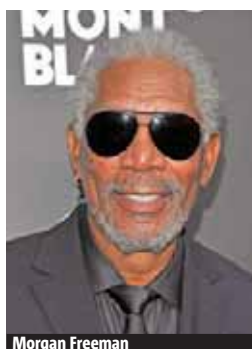
**@EmmaBunton**

So many people running on the streets of London, that's it im gonna get fit,,,,,, after Christmas!!!



**@Joan\_Rivers**

I love celebrity Christmas carols. in Jessica Simpson's house they'll stand around the piano singing, "I Saw Daddy Kissing Santa Claus."



Morgan Freeman

## Newtown tragedy: Freeman didn't comment

Not so fast, Facebook users. A lengthy quote attributed to Morgan Freeman in the wake of the Newtown, Conn., elementary school shooting tragedy has been making the rounds on the social networking site, suggesting media coverage encouraged the shooter. The only problem is those aren't Freeman's words. "Morgan neither made statements or posted those statements. We are trying to find out who did, but they did not originate from him," a source for the actor tells E! News.



Jason Trawick and Britney Spears PHOTOS GETTY IMAGES

## Oops! I did it again? Break up talk circulates for Britney and beau

Britney Spears' relationship with Jason Trawick may be about to end, though the *X Factor* host and pop star is apparently the last to know, according to Hollywood scoop.

"Jason has told Britney's entire family that he's planning to leave her so Britney

will have a support system when he breaks the bad news," a source says of the couple, who are reportedly spending the holidays apart. Trawick is said to be waiting until Spears' work on the current season of the *X Factor* is wrapped before dumping her.

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# Last minute holiday health

**Fitness.** Celebrity trainer Ashley Borden has a Christmas gift for you: expert tips to avoid temptation

ROMINA  
MC GUINNESS  
life@metronews.ca

What was the point of kicking yourself into shape last January if you're going to let all your efforts go to waste in the last two weeks of the year?

"You should absolutely indulge during the holidays because if you restrict yourself, you'll only feel deprived and frustrated," Ashley Borden, who trains celebrities including Ryan Gosling, Christina Aguilera and Ke\$ha, tells Metro. "The problem is that people tend to adopt an 'all or nothing' attitude and as a result, their fitness and diet completely goes out of the window."

Here's what she'd do in certain situations.

## Scenario 1: There is no way I can ditch my family so I can go off and do some exercise.

"I don't believe that because you're with your family, you can't take the time out to workout," says Borden.

"Why would you turn off your life and drop the things that are actually helping you feel good? Many people find dealing with the full family dynamic both stressful and emotional — making it even more important that you set aside an hour or so each day of 'me' time where you can let off some steam.

"It may seem a little selfish, but don't care."

**TIP:** Focusing on yourself will make you a more productive family member because you'll feel less resentful for being locked in the house stuffing the turkey and chopping up carrots.

## Scenario 2: The holidays are about switching off. I don't want to stick to a schedule.

"Normally, people find it easy to stay on track because they follow a set routine. They get up, cycle to work, have breakfast and so on," says Borden. "But during the holidays, because there isn't the same schedule and structure, diet and fitness habits can become very erratic. The assumption is that once it's all over, losing the extra weight and bloat will be easy when deep down we all know we're going to struggle. The key is to not schedule in exercise. Make loose but firm plans — book a spinning class or stock up on fruit and vegetables so you have something to snack on."

**TIP:** Wake up without an alarm. Have some breakfast before you do a quick 30 minute cardio workout. Once you've done that, you can relax for the rest of the day.

## Scenario 3: Festive food is my favourite. I'm going to starve myself all day just so I can stuff my face at dinnertime.

"Never assume that it's OK to skip meals during the day



Don't get sucked into the Santarex habits this month. THINKSTOCK

in order to lash out at Christmas dinner. This kind of behaviour will really screw up your eating patterns," warns Borden.

"Your body can't assimilate and metabolize all these calories at once and that's how you end up gaining weight. It's much easier to eat a normal dinner and allow yourself a bit of indulgence. One slice of cake won't make or break your body."

**TIP:** On days when you know you're likely to over-eat, try and break a sweat for at least 20 minutes.

## Scenario 4: It's impossible to workout in my hotel.

"If you're really stuck at your in-laws in the middle of no-

where, you always have your body weight to use. Set up a mini circuit in your room — even if you have very little space, you can train for around 30 minutes by doing reverse lunges, planks or pushups. If you want to do some cardio, pack a jump rope."

**TIP:** Invest in some resistance bands with handles. And, again, pack a jump rope in your luggage.



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# Dig into dynamic yoga

**Holistic fitness.** We talk you through an explosive yoga sequence that will leave your muscles burning

**ROMINA MCGUINNESS**  
Metro World News

I say, yoga? You say, "Zzzz... No thanks — I'm not into that whole breathing and stretching thing. I'll stick to cardio and weights."

If that's you, then you've probably never tried any form of dynamic yoga.

The main goal of the Surya Namaskar A sequence (literally meaning saluting the sun, it's the opening cycle used in one of the most challenging forms of yoga, ashtanga) is to warm up the body by synchronizing the breath with the progressive postures that are designed to generate intense internal heat.

It isn't pretty. You'll sweat profusely by the time you're done with the sequence.

But that's the whole point. The more you sweat, the more you help detoxify your muscles and internal organs. But it's also a hard-core workout that's the perfect way to keep your body bendy and warm this winter.

## It fills your body up with oxygen

This yoga sequence works with ujjayi (victorious) breath, which is both energizing and relaxing.

"This breathing technique will deepen your breath. Inhale and exhale through your nose, slightly constricting the back of your throat in order to create a soft "ah" sound, making sure each breath is long and smooth. This will provide you with a constant



### Quote

"It's like doing push up after push up after push up."

Kristin McGee

supply of oxygen, really powering up your muscles," celebrity yoga trainer, Kristin McGee (who's responsible for the super lean and toned reality TV star Bethenny Frankel and singer LeAnn Rimes Cibrán) tells Metro.

## It combines strength training and cardio:

"The whole Surya Namaskar A flow is an incredible circuit-training workout," says Mc-

gee or yoga burpees. And as you get to the end of the sequence and go into downward dog followed by a forward bend, you're working on your flexibility, because if you're doing it right, you're really having to stretch your muscles out beyond your usual comfort zone. So if you're a runner or cyclist with tight hamstrings and hip flexors and can only extend your leg so far or kick your heel so high, (it's) just a small increase in the range of motion."

## Rev up your metabolic rate

"Moving through the sequence fast requires you to use your entire body. It's not like you're just running or just strength training — but both. You're getting two types of cardio at once and really heating your body up. The reason your metabolism increases is because, as you start to build up lean muscle mass, strength and tone, just by putting your body through the sequence, you bump up the amount of energy you need to get you through the day," says McGee.

### Best Health

## Creating healthy gifts for the holidays



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

In the December issue of Best Health magazine, on newsstands now, our regular dietitian columnist Sue Mah offers a few ideas for how to make a gift that is both thoughtful and healthy.

Here are a few:

### Soup mix in a jar

Take a glass Mason jar and layer it with multi-coloured soup ingredients like rice, lentils, dried green split peas, red lentils, black beans and herbs. You'll end up with pretty, colourful layers in the jar. Tie a ribbon around the jar and voila.

### Family cookbook

Share your favourite family recipes by copying them and pasting into a pretty, blank notebook. Attach a new apron, wooden spoon

### Quote

Your time is the most precious gift you can give to friends and loved ones.

or oven mitts as a bonus.

### Give coupons

Your time is the most precious gift you can give to friends and loved ones. Create your own coupons and use them as stocking stuffers. Anything goes. Some ideas for what to promise your partner with the coupon: Dinner on me, at the restaurant of your choice; one free hand car wash by me; no putting out the garbage duty for the week.

And for the kids: Extra marshmallows in your hot chocolate, movie with mom and dad.

Make the coupons redeemable at any time of year and seal them with a kiss.

For more holiday gift ideas, see the December issue of Best Health.

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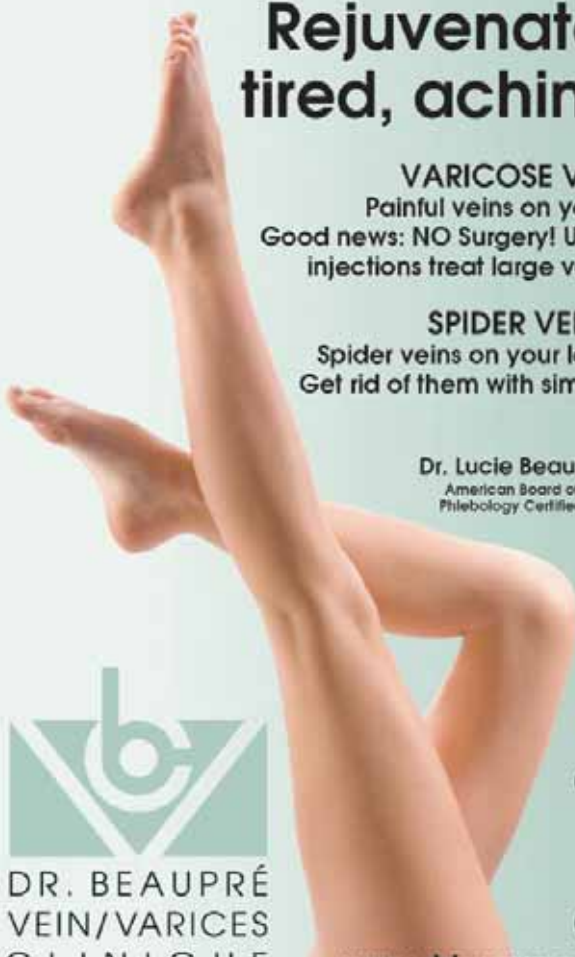
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THIS WEEK: From All of Us to All of You, Happy Holidays!





**DR. BEAUPRÉ  
VEIN/VARICES  
CLINIQUE**

# Velvety chocolate flavour shines in rich cheesecake



**ROSE REISMAN**  
for more, visit  
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You'll never eat a cheesecake that's so dense and rich tasting, yet so low in fat and calories. The combo of semi-sweet chocolate and cocoa powder gives this cheesecake its velvety chocolate flavour. Garnish it with fresh berries.

It comes in at 259 calories and just 10 grams of fat per serving.

**1.** Preheat oven to 350 F. Spray 9-inch springform pan with cooking oil.

**2.** Crust: Combine wafer crumbs, 2 tbsp water and oil in bowl and mix well. Pat onto bottom and slightly up sides of springform pan.

**3.** Filling: Combine chocolate chips and 2 tbsp water in microwaveable bowl and microwave for 40 seconds. Stir until smooth.



This recipe serves 12. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

**4.** Combine chocolate mix with ricotta and cream cheese, 1 cup sugar, cocoa, egg and 1/2 cup sour cream in bowl of food processor and purée until

smooth. Pour over crust. Bake 30 minutes. Centre should still be slightly loose.

**5.** For topping, mix sour cream

## Ingredients

### Crust

- 2 cups chocolate wafer crumbs
- 2 tbsp water
- 1 tbsp vegetable oil

### Cheesecake

- 1/3 cup semi-sweet chocolate chips
- 2 tbsp water
- 1 1/2 cups light smooth ricotta cheese
- 3/4 cup light cream cheese
- 1 cup granulated sugar
- 1/4 cup unsweetened cocoa powder
- 1 large egg
- 1/2 cup low-fat sour cream
- 2 tbsp all-purpose flour

### Topping

- 1 1/4 cups low-fat sour cream
- 2 tbsp sugar

and sugar. Carefully spoon over cake. Bake another 10 minutes. Cool on rack, then chill completely before removing the sides of the pan and serving. Top with chocolate wafer crumbs. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

## Health Solutions

### Your holiday cheat sheet



**NUTRI-BITES**  
Theresa Albert, DHN, RNCP  
myfriendinfood.com

Oh, come on, it's the holidays! We both know you are going to eat more than you should, so let's just embrace it. I encourage my private clients to switch to a "nutrient per calorie" model when they are going to cheat. That means that if you can't keep calories low, focus on those items that are loaded with nutrients and use them to enhance your "cheats." Here are three ideas:

#### 1. Cranberry sauce

Assuming it is homemade and not from a can (which likely means more sugar), this condiment is a great way to stretch that brownie/Nanaimo bar/cake you have on your plate. A couple of tablespoons on the side will

give you a filling, tart kick of phytonutrients and fibre. The hope is that you can now resist that second slice...

#### 2. Spice it up

Your brain registers intense flavours more actively than bland ones. This means that adding spiciness or low calorie intensity may help you feel satisfied with less food. Think hot sauce, spicy mustard or even horseradish — all will perk up your palate!

#### 3. Fresh herbs

Oh, I know they are often only on the platter for garnish but who says you can't hog garnish? Fresh herbs are full of chlorophyll and tummy soothing nutrients that may replace the extra space on your plate that you are tempted to fill with mashed potatoes.

**THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM**



## Treat. Chocolate Espresso Bread Pudding



**1.** Butter a 13 x 9-inch (3 l) glass baking dish and set aside.

**2.** In saucepan, combine chocolate, 2 cups (500 ml) of cream, sugar, espresso and butter and melt over medium-low heat, stirring, until everything is smooth. Remove from heat.

**3.** Meanwhile, place slices of bread on cutting board and cut

off crusts. Cut each slice diagonally into 4 triangles. Set aside.

**4.** In bowl, whisk eggs until blended. Gradually pour in chocolate mix in a thin stream, whisking to combine. Spoon a 1/2 inch (1 cm) layer of chocolate mix over bottom of prepared dish. Place half bread triangles over chocolate, overlapping slightly. Pour half of

remaining chocolate mix over bread; cover with remaining bread in same pattern as before. Pour remaining chocolate mix over top. Press bread down with fork to allow mix to coat bread. Allow dish to cool 10 mins. then cover with plastic wrap and refrigerate 24 hours.

**5.** To serve, preheat oven to 350 F (180 C). Remove plastic wrap from dish and bake 45 mins. or until top is crunchy and pudding is set but pudding-like in the centre. Let cool for at least 10 minutes.

**6.** In a chilled bowl, whip remaining cream and serve with warm pudding.

## Ingredients

- 6 oz (170 g) dark chocolate (70% cocoa solids), chopped
- 3 cups (750 ml) 35% whipping cream, divided
- 3/4 cup (175 ml) sugar
- 1/2 cup (125 ml) freshly

- brewed espresso
- 1/2 cup (125 ml) butter, cut into cubes
- 12 slices (1/2-inch/1 cm thick) day-old egg bread
- 4 eggs

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# Games to raise your money IQ

**Alison on Money.** Website's game, called Cranial Cash Clash, helps teach you money skills



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

It's not too late to raise your holiday money IQ! If you're feeling a little overwhelmed as the big day draws near, there's nothing like a game to improve your outlook.

The Investor Education Fund (getsmarteraboutmoney.ca) has created Cranial Cash Clash, a series of interactive games to teach money skills. The latest, Gift Thrift, offers tips about holiday spending, the use of credit cards and related topics such as credit ratings. You may find that a couple of the questions have fairly obvious answers, but they do get you thinking.

On the other hand, there are many you likely don't know.

Try this one: If you decide to give a gift to your favourite charity or charities, does the amount you give affect the tax credit you receive?

Which is right?

A. No. As long as they are accredited charities, the benefit to you is the same.  
B. Yes, but there may be restrictions for out-of-province charities.

C. Yes, the tax credit goes up if you give more than \$200.

D. No, it's a 15 per cent credit no matter how much you give.

The answer is C.

Gift Thrift can be played via Facebook with friends or family members. The Leaderboard lets you log in and keep track of scores as you go. There are eight other Cranial Cash Clash games dealing with everything from investing to financial scams and debt. The questions are randomized so you can't practice the answers for a certain win.

Bonus points are awarded when you answer within a certain time. If you flub, as I did on a question about

## Pop quiz

What is the interest free grace period on credit cards?

- A. There isn't one
- B. 30 days
- C. 14 days
- D. 21 days

• Answer (D)

credit scores (my finger slipped, really!), you can input your email address at the end of the game to receive information about that subject area. You'll also see a link to a more detailed explanation.

Though not designed for youth, the series is also a great way to get teens and young adults thinking and talking about money issues. They won't be familiar with many of the topics, but the questions will stimulate discussion.

Cranial Cash Clash is a nice break from holiday shopping.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

## Christmas presents

### Gift buying for awkward people



**FUN AND FRUGAL**  
Lesley Scorgie  
money@metronews.ca

So your dad has a new girlfriend and you're still warming up to her. Sure, she seems nice enough, but without knowing much about her personal tastes, what should you buy her for the holidays when your budget is already tight?

We've all been faced with the "what to buy for the awkward person in your life" dilemma. You don't want to waste your money or offend your boss, co-worker, a not-too-close friend, or someone your friend or family member is dating. You may even want to impress the person with something useful or miraculously thoughtful.

Before you hit up the mall for the latest infomercial gadget, understand the relationship of the person to you and what they mean to you today and in the future. If you and your brother-in-law are off to a rocky start, you may want to extend a thoughtful olive



It can be tough to find an appropriate gift for every person in your life. iStock Images

branch that could help mend a bridge or two. If it's your boss, watch what you spend so that you don't come off looking like a suck-up, especially if your coworkers find out.

Determine the appropriate price point for the person. Have an open discussion with friends and family members in advance and set limits. This might be an opportune time to introduce the idea of a frugal Secret Santa gift exchange where you're only responsible for buying one gift for one person.

Be resourceful. Investigate what the person would want or need. Listen carefully when in conversation to see if they give away any hints. Ask some-

one who knows them well what they'd enjoy. Are they a coffee connoisseur or movie buff? If so, perhaps a travel mug, which reduces waste and saves a few pennies at the till, or a gift card to the movies, would be appropriate.

Cash in your loyalty rewards toward the gift so you don't have to dig deeper into your wallet. Better yet, forget buying a gift and make a donation on behalf of your coworkers to a well-known charity.

Overall, stop while you're ahead. You don't need to buy gifts for everyone in your life. This results in overspending or spreading out your budget so thin that you'll end up buying junk for people rather than something useful or thoughtful. If you've got loads of people you'd like to please with presents, try baking or making something small and thoughtful.

A frugal gift of appreciation for that awkward person might go a long way toward making the relationship more pleasant.

But if you really don't like the person, forget a gift and simply save your money.

Follow Lesley on Twitter @LesleyScorgie



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# Talk with kids about shooting, make them feel safe: Experts

**Family.** Following the Connecticut shooting, it's best to limit kids' exposure to media

The killings at a Connecticut elementary school left parents struggling to figure out what, if anything, to tell their children.

President Barack Obama said he and his wife, Michelle, would tell their daughters that they love them and hug them a little tighter. Experts say that's a good example to follow. Parents also should allow children to talk about their feelings in the coming days while sheltering them from the 24/7 media coverage of the event, they say.

A man gunned down more than two dozen people Friday, most of them kids at a Newtown, Conn., elementary school. The shooter was among the 28 people left dead, apparently from a self-inflicted wound.

Whitney Finucane wasn't sure how and when she would talk with her son, Nico, about the shooting. She kissed and hugged him when he came out from kindergarten at Dr. Martin Luther King Elementary in Providence, R.I., on Friday.

"I don't know how to explain insanity and evil to a five-year-old," she said. "I don't know that he can really grasp it."

Even the youngest school-

children are likely to hear about it, said Glenn Saxe, chairman of the department of child and adolescent psychiatry at NYU Langone Medical Center.

"It's really important, especially at this time, for parents to check in with their kids, to be attuned to how they're feeling, how they're doing and to answer questions honestly and straightforwardly," he said. "For any other kid in school, this has meaning. Parents need to understand that even in surprising ways, this can affect their kids."

Parents can start by asking their children what they've already heard and what questions they have, said Dr. David Schonfeld, a pediatrician and director of the National Center for School Crisis and Bereavement at Cincinnati Children's Hospital Medical Center. If they ask why someone would do something like this, it's OK to say you don't know.

"I wouldn't provide false reassurance or dismiss legitimate concerns," he said. "We don't help children by telling them they shouldn't be afraid of things that are frightening."

Parents can tell their kids, "What is most important is that you're safe and you're going to be safe," said Dr. Louis Kraus, chief of child and adolescent psychiatry at Rush University Medical Center in Chicago.

Above all, parents need to try to help their children feel safe, he said. Helping kids return to or maintain normal



It's important to know what to tell your children after a tragedy. ISTOCK IMAGES

routines can help minimize their anxiety, Kraus said.

Some children may ask the same questions over and over as a way to seek reassurance, and parents shouldn't dismiss them, said Dr. David Fassler, a child and adolescent psychiatrist in Burlington, Vt.

"Acknowledge and validate the child's thoughts, feelings, and reactions. Let them know that you think their questions and concerns are important and appropriate," he said.

Parents of young children should keep their children from hearing reports on TV, radio and social media and to closely monitor exposure to media for all children, several experts said. Children who show persistent signs of anxiety and stress, including recurring nightmares or sleep problems and fears about leaving home, should see their pediatrician or a mental health expert, Kraus said.

THE ASSOCIATED PRESS

## Time for a healthy nature break



Go for a nice winter walk. It could change your life. ISTOCK IMAGES

CELIA  
MILNE  
life@metronews.ca

Need a little pick-me-up?

Get up, get out, and head toward the trees.

Nature can have a restorative effect on our health — even in the winter, says Maxine Crawford, a PhD student in psychology at the University of British Columbia.

"Studies show exposure to nature can increase recovery from illness, improve longevity and improve health. As well, exposure to real or virtual nature reduces stress."

Crawford recommends Canadians take nature breaks to recharge batteries during the holidays.

"Bundling up and getting outside to a fairly quiet place surrounded by plants and trees is the best option," she says.

A U.K. study shows exercising outdoors is associated with greater feelings of energy and satisfaction, along with a reduction in tension, confusion, anger and depression.

Other studies have found

exposure to nature can lower blood pressure and reduce heart rate. The Japanese have long believed that "forest bathing" has health benefits.

Even looking out at nature can be helpful.

"If the weather is too extreme, sitting by a window that looks out on to a natural setting is the next best thing," says Crawford.

A recent study in Norway found that people who were recovering from illnesses had improved health if they had a view of nature, compared with having a blocked view.

You can always bring nature in. Research indicates that people who have plants in their office are generally less stressed. And plants improve air quality.

The bottom line? Get back in tune with nature.

"Taking the time to move away from televisions and computer screens and spend just five minutes looking outside at the birds in the trees can have an impact on your overall well-being," says Crawford.

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CFL

## Austin given keys to Tiger-Cats

The Hamilton Tiger-Cats announced the hiring of Kent Austin to be the club's head coach, general manager and vice-president of football operations on Monday.

Austin won a Grey Cup as the Saskatchewan Roughriders' head coach in 2007. **THE CANADIAN PRESS**



Kent Austin was named the Tiger-Cats' head coach in Hamilton on Monday. **THE CANADIAN PRESS**

Soccer

## Fans of Russian team call for all-white, non-gay team

Fans of two-time defending Russian champion Zenit St. Petersburg are calling for non-white and gay players to be excluded from the team.

Supporters' club Landscrona released a manifesto Monday demanding Zenit to

field an all-white, heterosexual team. It added "dark-skinned players are all but forced down Zenit's throat" and said gay players were "unworthy of our great city."

Coach Luciano Spalletti said on Zenit's website that "tolerance for me is most of all the ability to understand and accept differences."

"Furthermore, being tolerant means that you fight against any kind of stupidity," he added.

**THE ASSOCIATED PRESS**

NFL



"It's something that I'm not focusing on — it's in the back of my mind. But I want to accomplish that."

Minnesota Vikings running back Adrian Peterson, who is 294 yards away from eclipsing Eric Dickerson's record of 2,105 yards rushing set in 1984 with two games remaining in the season.

# Stamkos staying active while away from NHL ice

**Lockout.** Top sniper trying to 'pick up positives' while awaiting end to labour unrest

The longest hiatus Steven Stamkos has ever taken from high-level hockey is not without its occasional good moments.

There are always plenty of laughs when the NHL star takes the ice for a weekly pickup game with his father Chris and some buddies, a handful of whom are almost three times his age. There is the extra time spent in the gym alongside close friend and mentor Gary Roberts.

And then there is the anticipation of next week's Christmas celebration, the first one he'll get to enjoy at home with family in Markham, Ont., in six or seven years.

"As tough as it is, as frustrating as it is, you try to pick up some positives," said Stamkos.

Quoted

"We feel bad for (the fans), but we're obviously trying to get something done."

Steven Stamkos

But it's clear the NHL's most dangerous scorer is feeling the pain of the lockout. Standing under the sloped roof at the building formerly known as Maple Leaf Gardens on Monday, the locked-out Tampa Bay Lightning forward couldn't help but slip in a few references to his growing displeasure.

"It's frustrating," said Stamkos. "You do something for your whole life and you don't really think anything of it. Everything you do is geared towards playing hockey. Now when you don't have that, it's tough."

The 22-year-old quickly steered the conversation back to a charity game in Toronto on Wednesday night, where he'll captain a team against one led by Montreal Canadiens defenceman P.K. Subban.

He'll get to skate alongside James Neal, Dion Phaneuf, Phil Kessel and Logan Couture, among others, with all of the proceeds from the sold-out Mattamy Athletic Centre benefiting the NHLPA's Goals & Dreams Fund and the RBC Play Hockey program.

"When there's no hockey you try to find other things to do and a great cause to be part of," said Stamkos. "This is one of them."

**THE CANADIAN PRESS**



Tampa Bay Lightning sniper Steven Stamkos is keeping busy during the NHL lockout by playing pickup hockey, working out and getting involved in charity games. **BRUCE BENNETT/GETTY IMAGES FILE**

State of the lockout

- **Games cancelled.** Players have missed six pay cheques with 526 games cancelled through Dec. 30.

- **State of talks.** Neither side is meeting. The NHL and NHLPA met with federal mediators in New York Dec. 12-13, but then talks ended.

- **Happening now.** All 750 players are deciding whether to give their 30-member executive board the mandate to file what is known as a "disclaimer of interest." A two-thirds majority is needed to take the next step — dissolving their union. The five-day informal electronic vote is being conducted until Thursday.

- **Will it pass?** Think "solidarity" here. There's no way players won't get behind this move. Not giving their board this power basically ends the game with Gary Bettman smiling like the Cheshire Cat from Alice in Wonderland.

**TORSTAR NEWS SERVICE**

# Chance to contend too tempting for Jays GM



R.A. Dickey, the National League's Cy Young award winner in 2012, passed a physical on Monday and signed a two-year extension with the Blue Jays with a club option for the 2016 season. **DENIS POROV/GETTY IMAGES FILE**

Blue Jays general manager Alex Anthopoulos paid a steep price to land knuckleballer R.A. Dickey, but he says it was the deal he needed to make for Toronto to be contenders for longer than just next season.

Anthopoulos made another splashy move in an off-season full of them, acquiring the 38-year-old reigning NL Cy Young winner in a bid to improve the Jays' starting rotation.

"We're just so close to contention," Anthopoulos said on a conference call

Quoted

"Looking forward to a new chapter with the Jays."

R.A. Dickey on Twitter after officially being acquired by the Blue Jays on Monday.

Monday night. "It's not just about one season, this allows us to put what we feel is a contending team together for an extended run, for a three to five year period."

The Jays gave up prized young catcher Travis d'Arnaud to the New York

Mets as part of a package.

Toronto then signed Dickey to a two-year contract extension for \$29 million US, with a \$12-million option for the 2016 season. Dickey was already signed for \$5.25 million next year.

The Blue Jays also acquired catcher Josh Thole and minor-league catcher Mike Nickeas, while the Mets received catcher John Buck, minor-league right-hander Noah Syndergaard and minor-league outfielder Wuilmer Becerra.

**THE CANADIAN PRESS**



## Horoscopes

### Aries

March 21 - April 20

It may be hard to tell fact from fiction today, so don't jump to conclusions. What others say and what others mean are likely to be two different things, so it's essential that you read between the lines.

### Taurus

April 21 - May 21

Attitude is everything, especially on the work front where you need to convince yourself that all things are possible. Your thoughts, more than ever today, will create your reality. Think success and you will be a success.

### Gemini

May 22 - June 21

You would be wise not to make any major decisions or announcements today. You may be bursting to tell the world about what you have done but you will get a much better response if you leave it a while.

### Cancer

June 22 - July 23

You are in danger of making something that is not that important appear bigger than it actually is. Your task today is to focus your mind on something that makes you feel good, something that lifts your spirits to new heights.

### Leo

July 24 - Aug. 23

Don't be too eager to make changes today because there is a lot you don't know. That applies to all areas of your life but especially to your work and career. Hints and gossip could easily mislead you.

### Virgo

Aug. 24 - Sept. 23

Most of the time, you put logic before emotion but today's aspects warn you could go right the other way and act on feelings alone. Will it pay off? Maybe not, exactly, but no great harm will come of it.

### Libra

Sept. 24 - Oct. 23

You will get conflicting information from people with different agendas today and there is no way of knowing who is telling the truth. Therefore, you must ignore everything and act only on what your inner voice tells you.

### Scorpio

Oct. 24 - Nov. 22

You are reading too much into a situation that is really quite simple. Not only that, but certain individuals are trying to influence your thinking to make you feel insecure. Don't let it happen. Believe in yourself.

### Sagittarius

Nov. 23 - Dec. 21

If knowledge is power then it stands to reason that the more knowledge you have about what is going on, the more power you have to influence the outcome. But don't give knowledge away or your power will fade.

### Capricorn

Dec. 22 - Jan. 20

Someone will go out of their way to make life difficult for you today, but if you stay calm and refuse to react you will do your reputation a power of good. Always behave as if the world is watching you.

### Aquarius

Jan. 21 - Feb. 19

You could easily allow yourself to believe that you can do or say anything without repercussion, which is a dangerous attitude to take. Think before you act today. It could save you a lot of trouble.

### Pisces

Feb. 20 - March 20

You may think that by supporting certain causes you are doing good in the world but are you truly committed on a personal level? One cause above all others is precious to you — give it your undivided attention. **SALLY BROMPTON**

## Crossword

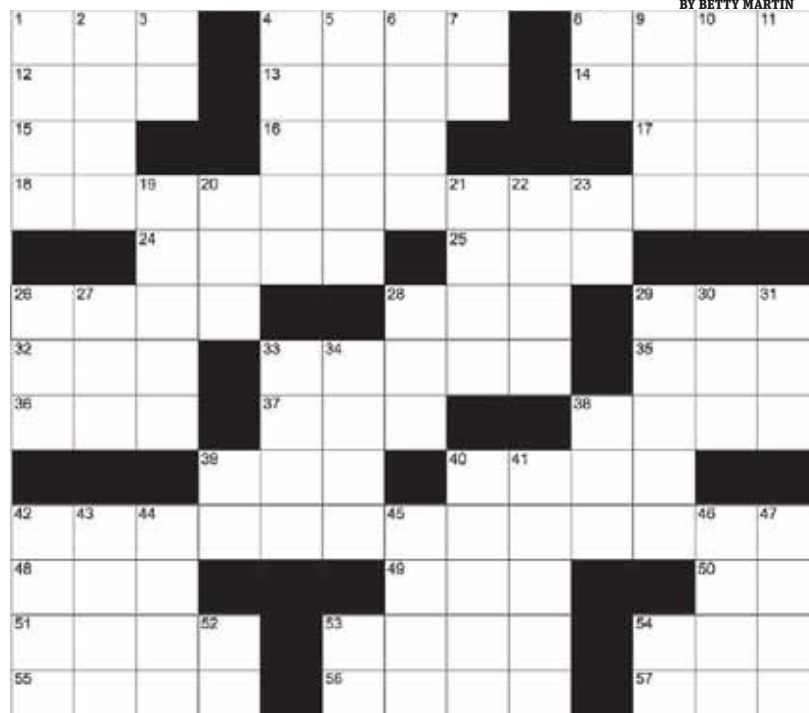
### Across

- Soft throw
- Pull behind
- Portico
- French soul
- Called up
- TV executive Griffin
- What Gloria called Edith
- Invoice abbr.
- Old model car
- Rain or snow
- Part of the eye
- Tic tac toe win
- Editing mark
- Sanford and —
- Coral reef
- Summer cooler
- Parisian school
- Beer
- Writing implement
- Contented sighs
- Elevator pioneer
- : Crime Scene Investigation
- Rattle
- Susan Lucci daytime soap (3 words)
- Island welcome
- Actor Wallach
- “—the Right Thing”
- Work on the street
- General vicinity
- Gun the engine
- Olden sword
- Workplace ogre, sometimes
- Found on 39 across (abbr.)

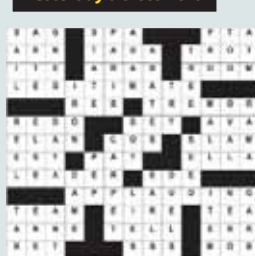
### Down

- Desktop fixture
- Actor Sharif
- Who Wants to — a Millionaire?
- Let the water out
- Highway exits
- Hostile
- “I Will Survive” singer (init.)
- Size before med. and lg.
- Actress — Hatcher
- Black and white cookie
- Big name in cosmetics
- Comic DeGeneres
- So-so grade
- Hammer or saw
- First class (2 words)
- “—Sir, With Love”
- Drop bait lightly on the water
- Dutch city
- Distress call letters
- Prepare food for a party
- Living It Up! With — and Jack
- Affirmative
- Moderate
- Elegant
- This — House
- She played Katherine Welling-ton on Harper's Island (init.)
- Irritates
- Assumed name
- Swiss mountains
- List
- Inhabit
- Medal recipient
- Paradise
- Star
- Shoe width
- Blood type
- Host of '70s Family Feud (init.)

BY BETTY MARTIN



## Yesterday's Crossword



## What's online

See today's answers  
metronews.ca/  
answers.



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 6 | 7 | 9 | 5 | 1 | 3 | 4 | 8 | 2 |
| 4 | 3 | 8 | 9 | 6 | 2 | 7 | 1 | 5 |
| 5 | 1 | 2 | 4 | 7 | 8 | 6 | 9 | 3 |
| 1 | 8 | 6 | 7 | 5 | 9 | 3 | 2 | 4 |
| 2 | 5 | 4 | 6 | 3 | 1 | 8 | 7 | 9 |
| 7 | 9 | 3 | 8 | 2 | 4 | 1 | 5 | 6 |
| 3 | 2 | 5 | 1 | 4 | 7 | 9 | 6 | 8 |
| 9 | 4 | 1 | 2 | 0 | 6 | 5 | 3 | 7 |
| 8 | 6 | 7 | 3 | 9 | 5 | 2 | 4 | 1 |

**Today**

Light snow

80%

**Wednesday**

Cloudy

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Check the 14 day trend.

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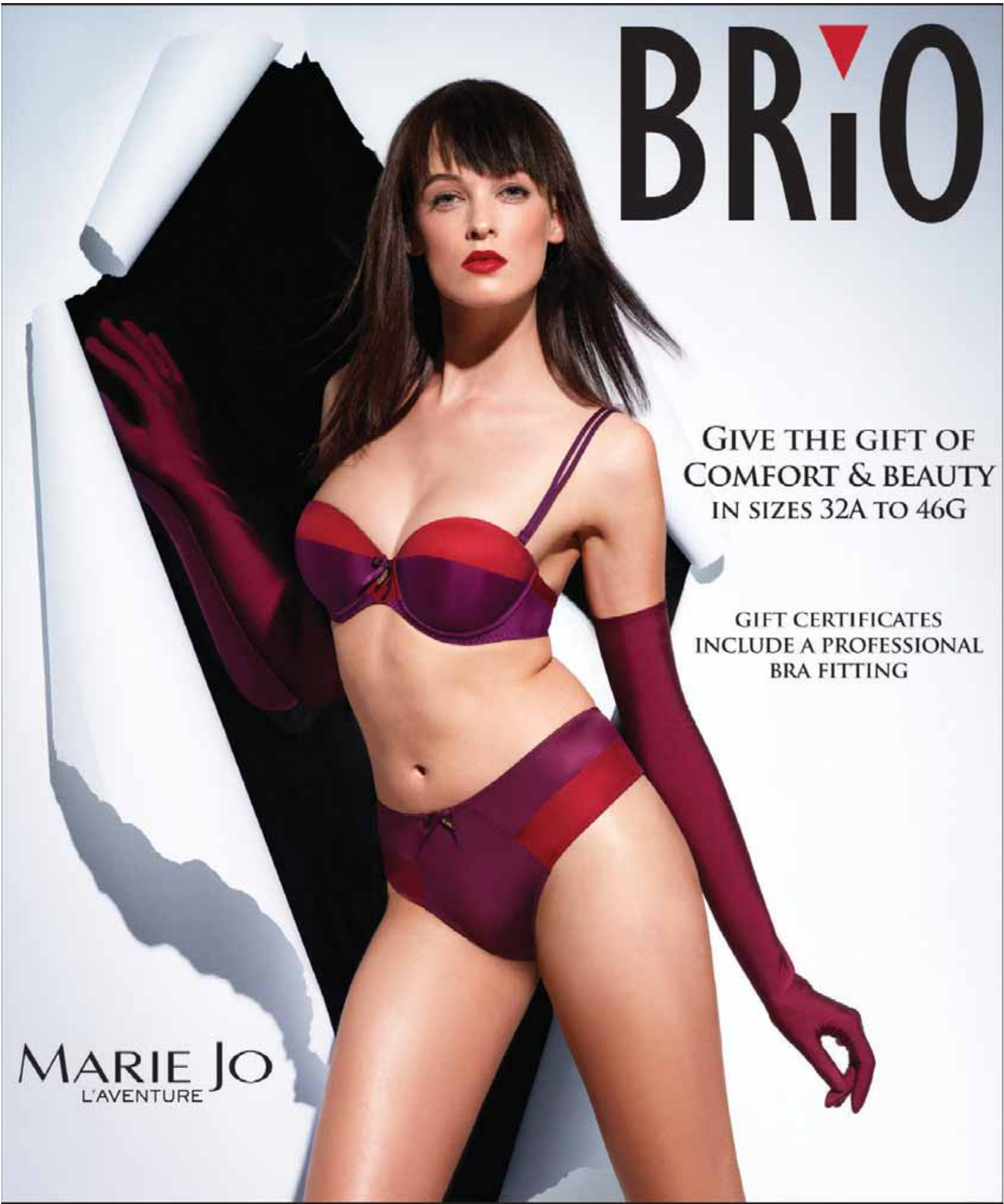
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